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## **HALIFAX** BEATING THE ODDS. **Brother speaks Tornado tears** SAVING A LIFE

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## out on trial

Two accused in killing of homeless man make first court appearance

South U.S.

up Midwest,



States brace for more

# New design 'rights a wrong'

**Cogswell.** Committee sends approved plan to regional council



COLE HARBOUR TEEN HONOURED FOR PERFORMING CPR ON HIS

MOM, WHO HAD SIGNED

HIM UP FOR TRAINING

TWO YEARS AGO PAGE 4

HALEY RYAN

The new plan for the redesign of the Cogswell Interchange was passed by an enthusiastic Executive Standing Committee Monday, which Mayor Mike Savage called "transformative for the whole city."

The committee approved the Cogswell Lands Plan as the "guiding document" for the next stage of planning in the removal and reconstruction of the group of roads and overpasses in downtown Halifax, first built in 1971.

"I think it rights a wrong from a number of years ago that the city caught onto," Mayor Mike Savage told reporters after the meeting.

"But once something like that is built it takes a lot to

take it down, and you need to have a bit of a plan so I think we're at a point now that we can do that.'

HRM's Peter Bigelow presented the plan Tuesday, stating Cogswell is a "one-trick pony" only good for moving 55,000 cars in and out of the peninsula every day. He said the new design would fill the area with a vibrant neighbourhood with public parks and mixed-use developments while maintaining traffic lev-

Bigelow said the 16-acre area owned by HRM would include three kilometres of bike lanes, and about 2,500 residents are expected to move into future apartments.

These changes could bring in \$3.25 million in tax revenue for HRM, Bigelow said.

Major road changes include realigning Barrington Street to go along Upper Water Street as the main entry into the south end, allowing the rest of "old" Barrington to become a oneway residential street.

Savage said he likes the

"I think it's going to integrate and elevate Halifax."

Mayor Mike Savage

idea of reconnecting the north and south parts of the peninsula, which would especially benefit areas like Gottingen

Some HRM councillors, including Linda Mosher and Waye Mason, questioned the large amount of bachelor and two-bedroom units planned for the area instead of familysized apartments.

"We've approved so many developments in the north end and downtown recently, and none of them are really looking at families," Mosher

"If we're creating a new community with new public spaces, bike lanes, wide sidewalks, it's a perfect opportunity for families to come down-



Defenceman Jesse Lussier looks on as the puck goes past Halifax Mooseheads netminder Zach Fucale on a second-period goal by Val-d'Or Foreurs forward Anthony Richard on Monday night in Game 6 of the QMJHL semifinal series. Val-d'Or outscored the visiting Mooseheads 7-5 to force a seventh and deciding game on Tuesday night at the Metro Centre. Story, page 22. ANDY KLINK/ABITIBI EXPRESS



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# Brother of slain homeless man hopes for speedy trial

Berwick murder. Case of young men accused in death of Harley Lawrence expected to unearth cause of death

The brother of a homeless man whose death touched a nerve in a small Nova Scotia town says he hopes the case of two young men accused of murder moves swiftly through the courts.

Ron Lawrence said seeing the two men appear in court Monday was an emotionally charged experience after waiting for months for the RCMP to conclude their investigation into the death of his brother Harley.

"It was touching to see them and their expressions ... to see the person accused of doing something to my brother. It was very emotional," he said outside provincial court in Kentville.

"It's been a long few months."

Harley Lawrence, 62, was found dead Oct. 23 in a burned out bus shelter in Berwick, a town in the province's Annapolis Valley about 120 kilometres northwest of Halifax.

Daniel Wayne Surette, 26, of Berwick and Kyle David James Fredericks, 25, of nearby Berwick District, were charged Friday with first-degree murder.

Ron Lawrence, 51, sat quietly through the proceedings with his brother Bruce as the two accused appeared in court. One woman wept



#### Small town

"This is a lot of hurt this whole thing has brought on one community."

Pastor John Andrew, who runs a shelter and outreach centre in Kentville

quietly during the hearing.

The two accused in the case were remanded into custody until their next court appearance on May 26. They

have not yet entered a plea on the allegations against them, though that could come as early as the next appearance. They don't have lawyers yet.

"The RCMP have done their job," Lawrence said outside court.

"It got this far and it's going to continue on through the courts ... and hopefully it will be fast and efficient."

Lawrence, a truck driver and delivery man for a soft drink company, has supported the police investigation and often urged the public not to jump to conclusions.

He said he hopes the court process will finally answer painful questions, including how exactly his brother died.

Police have released few details about the case, including the cause of death.

Local residents said Harley Lawrence began using the bus shelter for refuge as temperatures dipped last fall.

THE CANADIAN PRESS





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# 'I probably wouldn't be here today if it wasn't for him'

#### **Canadian Red Cross.**

Fourteen-year-old Cole Harbour boy honoured with Rescuer Award for using CPR to save his mother's life

#### CHRISTINE BENNETT

When Jesse Good received a Rescuer Award from the Canadian Red Cross on Wednesday, he also received some attention he didn't sign up

The soft-spoken 14-yearold didn't know where to look as photographers gathered to get a picture of Good with his certificate, which he was awarded after he saved his mom's life with CPR.

"What he did was amazing. I probably wouldn't be here today if it wasn't for him," his mother said proudly.

Ronda Stuart-Good, 43, was sitting at the kitchen table in her Cole Harbour home when she collapsed with heart failure on Feb. 15.

When Good saw her slide out of the chair, he called 911 and began performing CPR.

He continued to perform CPR for about five minutes until paramedics arrived and used multiple shocks from a defibrillator to restart her

"I'm just so grateful to be here and happy to be alive, and I'll cherish the rest of the days I have with my boys," Štuart-Good said.

Good had received CPR training two years earlier in a babysitter course his mom signed him up for because he



has a younger brother.

"I hoped he'd never have to use it," she said.

The award honours the efforts of non-professional rescuers or off-duty first responders who go out of their way to save a life.

Good said he's happy he had the training under his

"I think I would've still been able to call 911, but

I don't know if I would've been able to do CPR," he said.

Yelena Zuck, the Red Cross instructor who taught Good, said a surprising number of people freeze when calling 911, and that number's higher for performing

"I love what I do regardless, but having Jesse being able to step up is just an unbelievable thing ... When you

look at the stats for CPR, I think he certainly defied the odds," she said. "I think he is absolutely phenomenal."

Good's aunt Lisa Stuart said that everyone's on the road to recovery, including Good's mother, though she's still off work.

"Jesse's kind of downplayed his role in what happened here, but for us it really has been a miracle,"

"I always catch myself going back to that day and saying 'what if,' so I wonder if the boys do the

Lisa Stuart, aunt

Province to spend \$4.2M

Good's aunt, Lisa Stuart, said. She said it's important to the family to share the story

so that both children and adults will see the value of

## Jann Arden to stop in Halifax during cross-Canada tour

Acclaimed Canadian singersongwriter Jann Arden is making a stop in Halifax on Sept. 30 during her cross-Canada tour.

The eight-time award winner will perform at the Halifax Metro Centre at 8 p.m., with Nashville duo Jill and Kate as special guests.

Arden will be touring in support of her new release,

Everything Almost, available online and in stores on April

She will also be performing in Moncton at Casino New Brunswick's event centre on Sept. 29 at 8 p.m.

Tickets for both shows go on sale Friday at 10 a.m. The costs for tickets in Halifax are \$64.75, which includes taxes and service fees. metro



#### to cut orthopedic wait times The Nova Scotia government says it will spend \$4.2 million

this year to reduce orthopedic

Health Minister Leo Glavine says the money will be used to recruit a foot and ankle subspecialist surgeon, to perform more hip and knee replacements and to improve efficiency in orthopedic care.

On Monday, the Health Department is also publishing wait-time information online for all surgeries.

The province and Doctors Nova Scotia say the website will increase transparency and help physicians referring patients for surgery.

The wait-times website includes statistics for a variety of

#### Six-month wait goal

Health Minister Leo Glavine says the province recognizes that it needs to work toward achieving the national benchmark of a six-month wait for ioint replacement.

SEIVICES. THE CANADIAN PRESS

## Study seeks people who followed trial online

#### Social media.

Christopher Falconer was found guilty of killing Amber Kirwan in a trial that attracted significant attention

A local university study wants to hear from people who were glued to their computers or mobile phones during January to follow the Christopher Falconer murder trial.

Dr. Margo Watt and forensic psychology students at St. Francis Xavier University are currently in the midst of collecting information from

Go to fluidsurveys.com/s/ twitter-in-courtroom/ to complete the study.

people who followed the firstdegree murder trial in Pictou through social media.

"The students and I both attended the trial as much as we could over the month of January and when we couldn't attend, we started following it when a couple of journalists started tweeting," Watt said.

"If felt like the next best thing to be in the courtroom, we started questioning how does a trial provided by Twitter feed change people's perceptions of the trial or the criminal justice system?

"Does it make them more engaged, does it help them understand the process bet-

Falconer was found guilty in January of the first-degree murder of Amber Kirwan, who went missing from downtown New Glasgow in

long trial involved heightened media attention that included the use of Twitter and other social media so people could follow the case in real time.

Watt said the study will look at the pros and cons of social media and their involvement in the justice system, but it will also research pre-trial publicity.

NEW GLASGOW NEWS



#### Search

#### Car sought after girlapproached

Police in Halifax are looking for a car that they say was involved in a suspicious act.

A 10-year-old girl was walking in the area of Agricola and Merkel streets at 4:20 p.m. Sunday when an unknown vehicle approached her.

A male driver pulled up alongside the girl and asked if she wanted a ride.

The man is described as white, in his late teens or early 20s, with a slight build, shoulder-length hair, round face and a goatee.

He was also wearing a green T-shirt.

The vehicle was a smaller black hatchback with a Nova Scotia licence plate.

Several police units searched for the car but came up empty.

Crime

#### Woman to repay cash stolen from

An Annapolis County resident has been ordered to repay \$11,350 to Service Nova Scotia during a court appearance in Kentville.

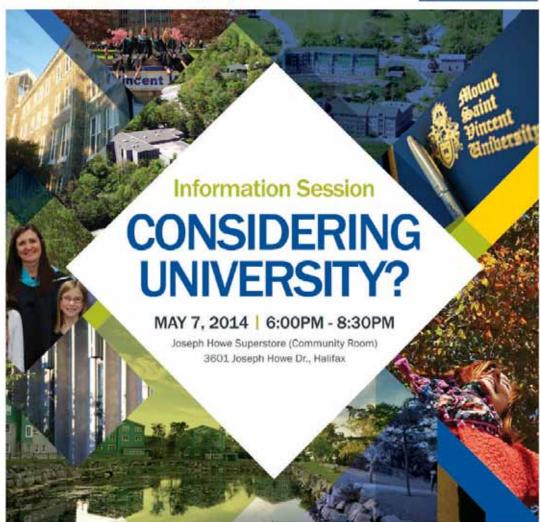
Access Nova Scotia

Brenda Thomas of Round Hill, 51, was charged with theft over \$5,000 from June 6, 2012, to Feb. 6, 2013, from Access Nova Scotia.

She pleaded guilty to the charge and was handed an 18-month conditional sentence order last week and a standalone restitution order, payable to Access Nova Scotia's Kentville location. KING'S COUNTY REGISTER

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## Court. Murder charge withdrawn against Cape Breton man

A charge of second-degree murder against a Richmond County man was withdrawn Monday and replaced with a charge of being an accessory after the fact.

Craig Claude Landry, 40, of Petit de Grat, is one of four people charged in connection with the death of 43-year-old Phillip Joseph Boudreau on June 1, 2013.

Boudreau's body has never been recovered. His overturned boat was found in Petit de Grat harbour with no sign of the man. It is believed he died after being shot.

#### Next court date

Craig Landry is now scheduled to be back in provincial court June 23 to enter a plea on the charge of accessory after the fact.

Landry, who continues his release on conditions, was scheduled to have a preliminary hearing date set Monday on the second-degree charge, but instead the charge was replaced by the accessory offence. CAPE BRETON POST

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## 'We should all be ashamed': Sister of victim killed at work

**Safety issues.** Last year's 34 workplace deaths in N.S. too many, says woman whose own brother died on the job

#### CHRISTINE BENNETT

Almost five years ago, Paulette Raymond's brother went to work at a Halifax container terminal and never came home.

Tommy Raymond was 45 when he was crushed under a tractor-trailer in September

Raymond hopes the tragic death of her brother will encourage other people to make their workplace safer.

'No one wants to feel this pain. This is a life sentence for myself and my family," she said.

Raymond carried her brother's portrait at the Province House on Monday, where more than 100 people gathered for the annual national Day of Mourning honouring workers who have died, were injured or became ill at work.

Thirty-four flags sat on a desk next to the speaker's podium, one for each person killed while working in the province in 2013.

"Each year I come here with such hope in my heart that that table is going to be empty just once," Raymond said. "We have 34 flags there. We should all be ashamed."

In 2013, just more than 25,000 Nova Scotians were injured on the job. More than 6,300 of them were injured seriously enough to lose time from work.

There have been two



workers killed in the province so far this year.

Trevor Beckerson, secretary-treasurer for the Halifax-Dartmouth and District Labour Council, said the government's solutions should involve more than communi-

cation with employers.

"I personally don't believe that we need to form a better relationship with employ-

"There's no consequences for their actions in this province. Employers are killing us, all the time."

Trevor Beckerson, secretary-treasurer for the Halifax-Dartmouth and District Labour

ers who constantly injure workers. We need to punish them," he said at the ceremony, receiving an enthusiastic round of applause.

Raymond does as much as she can to get people to understand that workplace safety isn't just her issue it's everyone's issue.

"That's what's here. Most of these people don't get it until they're directly affected," she said. "Why wait for that, for your life to be destroyed?"

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Marshalls. PETSMART

## **Church group supports** compensation for Barton

The African United Baptist Association of Nova Scotia (AUBA) is urging compensation be paid to former Marshalltown resident Gerald

In a statement released Sunday, Rev. Rhonda Britton, chair of the association's social action committee, said Barton's wrongful conviction in 1969 of statutory rape was a gross miscarriage of justice.

'In light of the evidence that has exonerated Mr. Barton of any wrongdoing, the justice system must not only set the record straight, but do all it can to ameliorate the damage done to Mr. Barton's reputation," she said in a release. "Additionally, Mr. Barton, and anyone who has suffered thusly, should receive



compensatory damages proportionate to the hardship

Britton said sex crimes are particularly heinous in the eyes of society, and Barton has had to live with the stigma of false accusation and conviction for over 40 years.

She said AUBA's social ac-

tion committee, on behalf of moderator Rev. Wayne Desmond, and 20 member churches across Nova Scotia, stand in support of Barton and urge the province's de-partment of justice "to do all it can to right this terrible wrong."

Gerald Barton, a black man originally from Jordantown near Digby, was convicted of raping a 13-year-old girl in 1970. His case was reopened in 2008 and the verdict overturned after the woman admitted she had lied and her brother had allegedly sexually assaulted her since she was nine.

A DNA test proved the child who was born after the rape wasn't Barton's.

#### Education

#### Schools slated for closure should be reviewed now there are new rules: Baillie

Opposition Leader Jamie Baillie is again calling on the minister of education to allow schools scheduled for closure, but not yet closed, to be voluntarily re-examined under the new school review process.

Baillie introduced this amendment to the Education Act on Monday night during the law amendments meeting.

"It's only fair that the series

of schools slated for upcoming closure under the old rules be given the chance to go through the new process," said Baillie in an interview. "These schools are important to the parents, the students and these communities. They deserve a fair shake."

# 'A new right answer' for Bedford waterfront

**Updated design.** Plans decrease residential, commercial units, increase open space



An updated design for the Bedford waterfront is set to be unveiled Wednesday, and Andy Fillmore of the Waterfront Development Corporation said they don't plan to fill anymore of the basin.

Fillmore, vice president of planning and development, said the new design suggests stopping near the 18 acres of current filling in the Mill Cove waterfront, as opposed to the 38 acres planned in 2010.

"We have created a plan that responds to every voice we've heard," Fillmore said.

Hundreds of Bedford and HRM residents spoke against the original plan during information sessions held last year, with many saying the fill negatively affected the shoreline and marine life.

Since then, Fillmore said they have come up with an alternate plan using the smaller space and "significantly fewer" residential units with 1,300 planned as opposed to 2,300.

He said there is also 55,000 square feet of commercial space instead of 200,000, and open space has grown from 36 per cent of the project to 43 per cent

In 2010, Fillmore said the developer had a plan the community wanted, but new voices emerged over time and expectations changed.

"I think we have a new right answer," Fillmore said.

He said the boardwalks have remained constant in the design and the site is still planned as world-class example of green infrastructure and technology.

The first open house will be held at Sunnyside Mall on Wednesday at 10 a.m. with one following every day until Saturday. A walking tour of the site is also offered. More details can be found at my-waterfront.ca.

#### Prep for Roy Building demo

Workers continue to put up scaffolding around the Roy Building in downtown Halifax on Monday. The scaffolding is in preparation for the demolition of the current building. PATRICK MCKENNA/FOR METRO

#### Woodland purchase

#### Province buys land next to camp

The Nova Scotia government has purchased a parcel of woodland next to a camp for children living with chronic illnesses and other special needs.

The 240 hectares next to Brigadoon Village near South Alton feature lakes and wilderness well-suited for camping. David Graham, executive director of the camp, says the land will provide more opportunities for campers to explore, learn and play in a natural, protected environment.

Premier Stephen McNeil says the \$850,000 land purchase will help meet the province's goal of encouraging kids to be more active. The acquisition is part of the government's plan to protect 13 per cent of the province's land by 2015. THE CANADIAN PRESS

#### West Nova

#### Kerr won't run in 2015

West Nova MP Greg Kerr won't be running in next year's federal election.

The former high school teacher turned politician said the decision to not re-offer in the October 2015 vote was a family consensus based on his health.

"A year ago January, I did have a small stroke and it did have some repercussions. And I think probably being sensible about it you recognize that such things as the energy level is not there — it's not something I can bring back. And there are some challenges that are physically there as well," he said.

ANNAPOLIS SPECTATOR

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metronews 08 NEWS and Tuesday, April 29, 2014

# Stowaway teen's mother seeks reunion with kids

#### **Shedder Refugee**

**Camp.** It's home to the boy's mother and some 10,300 Somalis who fled due to militant violence

The Somali mother's home is a frame of sticks covered by ragged blankets on the dusty grounds of this refugee camp. It was here that her 15-year-old son wanted to travel on an impossible journey as a stowaway on a plane from California.

Ubah Mohammed Abdule hasn't seen her boy — who was hospitalized in Hawaii after landing there in the wheel well of a jetliner — for eight long years

Wearing a black and white head covering, Abdule wept as she stood before the flimsy shelter holding her meagre possessions and spoke about her son.

She told journalists from The Associated Press, who travelled to see her in remote eastern Ethiopia, that she was alarmed by the dangerous method of travel her son undertook. Those who stow away in wheel wells of airplanes have little chance of surviving, and many who attempt it are Africans desperate for a better life in Europe or America.

But Yahya Abdi had been unhappy in California and desperately missed his mother, according to those who know his family.

So on April 20, Abdi hopped a fence at San Jose International Airport and climbed into the wheel well of a jetliner. It was bound for Hawaii, the opposite direction of Ethiopia. Somehow he survived the sub-zero temperatures and lack of oxygen. He has not spoken publicly about the ordeal.

"I knew he was an intelligent boy who has strong affections for me. I also knew he always wanted to see me, but I know his father won't let them contact me at all," Abdule said.

Abdule said she has not spoken with her son since he moved to the U.S. in 2006. The boy's father has lied to their three children, the mother said, telling them that she's dead.



"The father of Yahya first took the children away from me to Sudan. Then he came back to Somalia and demanded my consent for him to take the children to the U.S. if I want a formal divorce. I was not OK with that and said no," Abdule

eastern Ethiopia. elias asmare/the associated press

said through tears.

"Finally, he took all three of my children to the U.S. without my knowledge."

Abdule said she wants to leave the camp and reunite with her children and has asked the Ethiopian government and the UN refugee agency to help her do so. She has passed her first interview with the agency to make the list of those who might qualify to immigrate to America, said a legal protection officer at the refugee camp.

THE ASSOCIATED PRESS

#### Muslim Brotherhood leader sentenced to death



Railway crossing safety

#### Transport Canada spending \$9.2M

The federal government says it will spend \$9.2 million this year to improve safety at railway crossings.

The money is being made available as part of a cost-sharing agreement with railways and governments that have authority over local roads. Transport Canada says the improvements could include installing flashing lights and bells, gate barriers and other devices. The Transportation Safety Board has said there have been 658 accidents over the last 10 years at so-called passive railway crossings, including 59 deaths and 107 serious injuries. THE CANADIAN PRESS

An Egyptian judge sentenced to death the Muslim Brotherhood's spiritual leader and 682 other people Monday in the latest in a series of high-stakes mass trials that have been unprecedented in scope, drawing sharp condemnation from international rights groups.

The verdicts — which were appealed by the general prosecutor — come as the military-backed government has launched a massive crack-down against Islamist supporters of ousted leader Mohammed Morsi, under the banner of "war against terrorism"

while tightening its grip on the Arab world's most populous nation.

Suggesting there might be room for reversal, the same judge also reduced the sentences against 529 defendants indicted in a similar case in March, upholding the death penalty for only 37 and commuting the rest to life imprisonment.

Still, the three dozen death sentences that were upheld was an extraordinarily high number for Egypt, compared to the dramatic trial in the wake of the 1981 assassina-

tion of President Anwar Sadat, when only five people were sentenced to death and executed.

Judge Said Youssef said he was referring Monday's death sentences — which were for convictions of violence and killing policemen — to the Grand Mufti, the nation's top Islamic official — a requirement under Egyptian law that is usually considered a formality but also gives room for the judge to change his mind.

Of the 683, all but 68 were tried in absentia.

THE ASSOCIATED PRESS

# Rape case. Paris police boss wants accused officers off the force

The director of the Paris police service says he wants the officers implicated in the alleged rape of a Canadian woman out of his department.

Bernard Petit's remarks Monday to French radio station Europe1 came as authorities investigated two officers accused of raping the Canadian tourist at the city's police headquarters.

Both officers from the elite police unit, as well as a third who's considered a witness, have been suspended pending the outcome of an investigation that could take weeks or even months to complete.

French media have reported a 34-year-old Toronto woman met the off-duty officers in a bar last week and later went with them to their workplace.

As she left the station, she reportedly told another police officer she'd been raped, but a lawyer for one of the suspects told The Canadian Press the sex was consensual.

The police director told the radio station Monday he would not discuss the criminal allegations, but he called the behaviour of the officers from the noted anti-gang unit "absolutely unacceptable and intolerable."

"From an administrative point of view, things are clear in our minds," said Petit, who also noted they should have never have let someone from the outside into the headquarters. "These boys no longer have a place within our unit."

French Interior Minister Bernard Cazeneuve announced over the weekend the officers had been removed from their posts during the investigation.

He also said a disciplinary inquiry within the force is already underway.

THE CANADIAN PRESS

#### Attack on baby girl

#### Pit bull to be euthanized

A pit bull that bit a 14-month-old Ottawa girl in the face is being euthanized.

Police say the little girl suffered serious injuries to her face when she was bitten in her home Sunday while trying to pat the dog, which her family had taken

She was taken to the Children's Hospital of Eastern Ontario to be treated for injuries that were described as serious but non-life-threatening.

Her family has declined to update the media on her condition.

THE CANADIAN PRESS

#### Snake trouble

## Austrian stumbles onto large python

Austrian police are looking for the owner of a large python — and the driver who found it may think twice before picking the next spot to stretch his legs.

Police said Monday they

were called to the scene about 100 kilometres west of Vienna after the unidentified driver stumbled onto the 2.5-metre reptile packed in a jute sack in a forest near a highway.

The snake was found late last week. A pet shop has volunteered to temporarily care for it while police look for its owner.

THE ASSOCIATED PRESS

metronews.ca
Tuesday, April 29, 2014

NEWS

09

## Start of tornado season ravages U.S.; Arkansas hit the hardest

#### reported in Oklahoma and Iowa. Midwest and South brace for further severe weather

Emergency officials searched for survivors Monday in debris left by a powerful tornado that killed at least 14 in Arkansas and carved a 130-kilometre path of destruction through suburban Little Rock.

The tornado that slammed into Vilonia, just north of the state's capital city, grew to about a kilometre wide Sunday and was among a rash of tornadoes and strong storms that rumbled across the Midwest and South.

It may be rated the nation's strongest this year, at least an EF3, with winds

greater than 218 km/h, according to the National Weather Service. By comparison, the strongest possible tornado rates an EF5.

"We don't have a count on injuries or missing. We're trying to get a handle on the missing part," said Arkansas Gov. Mike Beebe on Monday. "Just looking at the damage, this may be one of the strongest we have seen."

An earlier toll of 16 was changed to 14 after it was clear that two victims were counted twice, Arkansas governor's aide Matt DeCample said, though he expects the overall death toll to rise.

Brandon Morris, spokesman for the Arkansas Department of Emergency Management, said crews were sifting through the rubble in the hope of uncovering survivors and to assess the damage.

THE ASSOCIATED PRESS

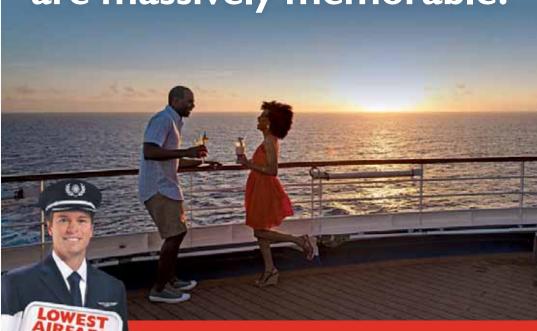


#### Initial reports

Tornado season roared in, causing millions in damage and a death toll still undetermined. Reports are still emerging of the toll on life and property. Among the damage:

- Fourteen dead in Arkansas. Nine dead in Vilonia alone
- One dead reported in Quapaw, Okla. Another reported in southeastern lowa
- New \$14-million intermediate school in Little Rock, Ark. Completely destroyed
- 100 homes and businesses in Kansas razed.
   25 injuries also reported





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## Mayor shot, pro-Ukraine rally attacked as tensions rise in east



**Eastern cities.** Police stand aside as pro-Russia activists beat up demonstrators in Donetsk; mayor possibly targeted to destabilize Kharkiv, friend says

mayor of Ukraine's second-largest city of Kharkiv, a hub of 1.5 million people, was shot in the back Monday and hundreds of men attacked a peaceful pro-Ukraine rally with batons, bricks and stun grenades, wounding dozens as tensions soared in Ukraine's volatile east.

In the eastern city of Donetsk, about 1,000 demonstrators carrying Ukrainian flags marched through the streets to hold a pro-Ukrainian rally Monday night. They were attacked by several hundred armed men shouting sia!" Police attempted to hold the pro-Russia men back, but then stood aside as dozens of protesters were battered.

Hennady Kernes, the mayor of Kharkiv, was shot in the back Monday morning while cycling on the outskirts of the city, his office said. He underwent surgery and was reported by the hospital to be in "grave but stable" condition.

Kernes' friend and former Kharkiv governor, Mykhailo Dobkin, told journalists the attackers had aimed at Kernes' heart and wanted to kill him to destabilize the city

Elsewhere in the east, pro-Russia militants wearing masks gained another foothold, seizing a city hall building and police station in the city of Kostyantynivka, 160 kilometres from the Russian border. The associated press

#### Canada, U.S. target Putin's inner circle

Canada is following the United States in once again stepping up the pressure on Moscow over the crisis in Ukraine. Prime Minister Stephen Harper says two Russian companies and nine individuals will face new sanctions.

And he suggests more economic sanctions could be on the way unless Russian President Vladimir Putin follows through on an April 17 agreement that was designed to ease tensions in Ukraine.

A half-dozen CF-18 fighter jets are also scheduled to depart Tuesday to assist NATO operations in eastern Europe.

Earlier Monday, the U.S. imposed sanctions on seven Russian government officials and 17 companies linked to Putin. It also revoked licences for some high-tech products used by Russia's military.

The new sanctions were milder than many in Moscow had feared. They did not affect any public companies or major sectors of the economy.

The European Union meanwhile slapped visa bans and asset freezes on 15 individuals alleged to be involved with stoking instability in eastern Ukraine. THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

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metronews.ca Tuesday, April 29, 2014 **NEWS** 

## Air search abandoned. Hunt for missing flight to continue under water

The aerial search for the missing Malaysia Airlines jet was called off Monday, and the underwater hunt will be expanded to include a vast swath of ocean floor that may take at least eight months to thoroughly search, Australian officials said.

Not a single piece of con-firmed debris from Malaysia Airlines Flight 370 has been recovered by a massive multinational hunt that began after it disappeared March 8 with 239 people on board.

"It is highly unlikely at this stage that we will find any aircraft debris on the ocean surface. By this stage, 52 days into the search, most material would have become waterlogged and sunk," Prime Minister Tony Abbott said.

Therefore, we are moving from the current phase to a phase which is focused on searching the ocean floor over a much larger area," he

The U.S. Navy's Bluefin-21 robotic submarine has spent weeks scouring the initial search area for the plane in the remote Indian Ocean far off Australia's west coast, but has found no trace of the missing aircraft. Officials are now looking to bring in new



equipment that can search a larger patch of seabed for the plane, Abbott said.

The aerial search officially ended Monday, the search co-ordination centre confirmed.

Radar and satellite data show the jet veered far off course for unknown reasons during a flight from Kuala Lumpur, Malaysia, to Beijing. Analyses indicate it would have run out of fuel in the remote section of ocean where the search has been focused.

The unmanned has been creating a threedimensional sonar map of the ocean floor for more than two weeks near where signals consistent with airplane black boxes were heard on April 8. The sub has searched a nearly 400-square kilometre area. THE ASSOCIATED PRESS

## Volunteers help to ease tragedy

Ferry sinking. Death toll expected to rise to more than 300 dead

The mother, slightly drunk, sits on the edge of a windblown dock and wails. A Buddhist monk approaches and wipes the tears from her face as she pours out her grief and longing for her missing son. He leads her away from the dock's edge and, as she weeps, chants Buddhist scriptures and sounds a wooden

gong in a prayer for her son's return.

"They are really suffering," said the monk, Bul II, who came from the southeastern port city of Busan to help the families of the more than 100 still missing in the sunken South Korean ferry. "It's painful for me to watch their misery," he said, his face peeling and red from long chants on a platform facing the sea.

Bul II is one member of an impromptu city that has sprung up at this normally sleepy port for the families of those lost in the disaster.

A sense of national mourning over a tragedy that will likely result in more than 300 deaths, most of them high school students, has prompted an outpouring of volunteers. More than 16,000 people — about half the island's normal population — have come to help.

They handle much of the care that relatives of the missing receive in Jindo as they wait for divers to retrieve the bodies of their loved ones from the wreckage of the ferry Sewol.

Ľim Jang-young, a 58-year-

old owner of a Japanese restaurant, came to Jindo from the southern city of Daejeon to cook traditional beef soup for family members, other volunteers and journalists.

A man who was eating his soup "showed me a picture of a girl, his daughter, and started crying. I couldn't resist crying with him," said Lim, a father of three. It does not matter to the volunteers that the families do not brim with gratefulness for their work. They want to do more to ease

## Wrongful convictions. How many more innocent people sit in U.S. jails awaiting death penalty?

Science and law have led to the exoneration of hundreds of criminal defendants in the U.S. in recent decades, but big questions remain: How many other innocent defendants are locked up? How many are wrongly executed?

About one in 25 people imprisoned under a death sentence is likely innocent, according to a new statistical study appearing in the Proceedings of the National Academy of Sciences. And that means it is all but certain that at least several of the 1,320 defendants executed since 1977 were innocent, the study says.

From 1973 to 2004, 1.6 per cent of those sentenced to death in the U.S. - 138 prisoners — were exonerated and released because of innocence.

But the great majority of

#### Statistical study

#### "At least 4.1 per cent would be exonerated."

Language taken from new study on estimated amount of innocent people awaiting death penalty in U.S. prisons

innocent people who are sentenced to death are never identified and freed, says Professor Samuel Gross of the University of Michigan Law School, the study's lead author.

The research produced an estimate of the percentage of defendants who would be exonerated if they all remained indefinitely on death row, where their cases would be subject to intense scrutiny for innocence.

THE ASSOCIATED PRESS

## Recovery continues aboard sunken ferry

Divers on Monday renewed their search for more than 100 bodies still trapped in a sunken ferry after weekend efforts were hindered by bad weather, strong currents and floating debris clogging the ship's rooms. Investigators,

meanwhile, expanded a probe into how coast guard and other rescuers responded after learning the ferry was sinking.

Divers found only one body Sunday after a week that saw an increasing num-ber of corpses pulled from

the ship as divers made their way through its labyrinth of cabins, lounges and halls. The number of dead from the April 16 sinking is 188, with 114 people believed missing, though a government emergency task force has said the

ship's passengers list could be inaccurate. Only 174 people survived, including 22 of the 29 crew members.

On Sunday, South Korea's prime minister resigned over the government's handling of the sinking. THE ASSOCIATED PRESS



metronews.ca
Tuesday, April 29, 2014

## S. Africa honours Mandela while president accused of misspending



A bust of former South African President Nelson Mandela after its unveiling at the South African Parliament in Cape Town, South Africa, Monday.

#### President Jacob Zuma hails predecessor and founder of his party. Popularity of African National Congress

government slides as

poverty endures

South Africa's president urged voters to head to the polls next week in the spirit of "democracy and freedom" as he unveiled a large bronze bust of the country's most famous anti-apartheid leader Nelson Mandela in front of Parliament on Monday.

"May the spirit of Madiba also inspire all South Africans as they vote yet again on the 7th of May," President Jacob Zuma said in Cape Town, referring to Mandela by his clan name and revealing a bronze sculpture on a granite plinth standing more

than two metres high.

South Africans are celebrating 20 years of democracy. Mandela's election in 1994 ended decades of white-racist rule and his example of forgiveness after 27 years in prison inspired millions around the world. Mandela died in December at the age of 95.

"The unveiling of this bust confirms that our Parliament, which was once a symbol of white domination, has now been transformed into a propersive institution that upholds the values of unity, equality, freedom and the dignity of all South Africans," Zuma said.

Zuma's comments came as a parliamentary committee investigating allegations of misspending by the president suspended its work so it can be tackled by the next parliament.

South Africa struggles with high unemployment, one of the world's highest rates of violent crime and labour unrest. Zuma has also been criticized because more than \$20 million in state funds were spent to upgrade his private rural home.

Public Protector Thuli Madonsela presented a 450-page report in March that concluded the president had inappropriately benefited from state funding and should pay back some money. A special committee set up to consider the president's response to the report on Monday voted to suspend its activities citing a lack of time to complete the work, the ANC said. The move means the new parliament will decide whether or not to reconstitute the committee.

The opposition party, the Democratic Alliance, has called the suspension an attempt to protect the president.

The African National Congress tried to reassure the public that a new parliament wouldn't drop the matter.

THE ASSOCIATED PRESS

#### **Analysis**

## Inequality hurts ANC government

The May 7 election is likely to see the ruling African National Congress return to power with a smaller majority than in past elections, reflecting discontent with the movement that led the fight against apartheid.

South Africa boasts a widely admired constitution and an active civil society and the government has delivered housing, water and electricity to millions since 1994, but a wide gap between rich and poor overshadows South Africa's successes. THE ASSOCIATED PRESS



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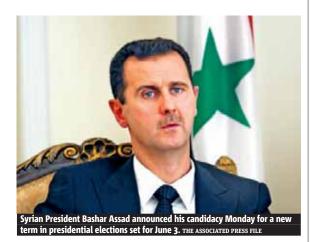
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EPRA is a not-for-profit organization that provides electronics recycling to Nova Scotia. This program is funded through Environmental Handling Fees that are applied on the sale of new electronic products.

metronews.ca Tuesday, April 29, 2014 **NEWS** 



## **Assad seeks** another term as Syria chief

#### **Presidential elections.**

Analysts dismiss six other hopefuls as little more than stooges to provide a veneer of democratic legitimacy

Syrian President Bashar Assad declared his candidacy Monday for a new seven-year term in June presidential elections, more than three years into a revolt against his rule that has killed more than 150,000 people, uprooted another 9 million and touched off a humanitarian crisis.

While Assad had long suggested he would seek re-election, the official announcement put to rest any illusions that the man who has led Syria since 2000 has any intention of relinquishing power or finding a political solution to the conflict. Rather, he appears emboldened by a series of military victories in recent

months that have strengthened his once tenuous grip on power.

The Syrian opposition and its allies have denounced the June 3 election as a sham designed to lend Assad, who is widely expected to win, a patina of electoral legitimacy. And it remains unclear how the government intends to hold any kind of credible vote when the country is engulfed in a civil war.

Vast areas of the country, including most of northern Syria, lie outside government control. Hundreds of thousands of people live in territory that is either contested, held by rebels or blockaded by pro-government forces. More than 2.5 million people have fled the country.

The government has presented the ballot box as the solution to the conflict: If the people choose Assad in the election, the fight should end; if Assad loses, he will gracefully step aside.

THE ASSOCIATED PRESS

#### Colorado theatre shootings

#### **Prosecutors hint** they're looking for more evidence

Prosecutors in the Colorado theatre shooting case hinted they may want to search for additional evidence or look for more documents, although they aren't publicly saying why.

In a motion filed Friday and released Monday, prosecutors asked Arapahoe County District Judge Carlos A. Samour Jr. to keep secret any future requests they might make for search warrants or for court orders to produce records.

The prosecution is seeking the death penalty for 26-year-old James Holmes, who is charged with multiple counts of murder and attempted murder in the July 2012 attack in the Denver suburb of Aurora that left 12 dead.

Holmes pleaded not guilty by reason of insanity. THE ASSOCIATED PRESS

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metr⊕ **BUSINESS** 

## NBA. Advertisers drop L.A. Clippers from roster amid racism controversy

Advertisers are backing away from the Los Angeles Clippers after racist comments attributed to the NBA team's owner.

Used car dealership chain CarMax, airline Virgin America, and the Chumash Casino Resort said Monday that they are ending their sponsorships of the Clippers in the wake of comments allegedly made by the team's owner, Donald Ster-

ling.

Two other sponsors, Kia Motors America and Red Bull, said they are suspending their advertising and sponsorship activities with the team. Another



sponsor, insurer State Farm, said it "will be taking a pause in our relationship with the organization."

THE ASSOCIATED PRESS

#### **Market Minute**



Natural gas: \$4.80 US (+\$0.16) Dow Jones: 16,448.74 (+87.28)







## **Dream of self-driving cars** stuck in neutral ... for now



**Not so fast.** Google is testing vehicles with a speedy push to market by 2017, but an expert says it will take until 2025

Google says that cars it has programmed to drive themselves have started to master the navigation of city streets and the challenges they bring, from jaywalkers to weaving bicyclists — a critical milestone for any commercially available

#### Dream to reality?

"We're arowing more optimistic that we're heading toward an achievable goal — a vehicle that operates fully without human intervention."

Project director Chris Urmson, in a blog post

self-driving car technology.

Despite the progress over the past year, the cars have plenty of learning to do before 2017, when the Silicon Valley tech giant hopes to get the technology to the public

None of the traditional automakers has been so bullish. Instead, they have rolled out features incrementally, including technology that brakes and accelerates in stop-and-go traffic or keeps cars in their

"I think the Google technology is great stuff. But I just don't see a quick pathway to the market," said David Alexander, a senior analyst with Navigant Research who specializes in autonomous vehicles.

His projection is that selfdriving cars will not be commercial available until 2025.

Google's self-driving cars already can navigate freeways comfortably, albeit with a driver ready to take control.

THE ASSOCIATED PRESS

#### Feds could balance budget

The federal government may be able to finally eliminate the deficit as early as this current fiscal year, but the achievement will have come at some cost to economic growth and jobs, the country's budget watchdog says.

Parliamentary Budget Officer Jean-Denis Frechette's report estimates federal spending curbs have helped keep the government's costs in check, and will likely lead to a virtual balanced budget one year ahead of schedule in the current 2014-15 fiscal

"Prospects for budgetary surpluses are higher over the outlook than in (October's previous report) due to a combination of an improved economic outlook and measures in Budget 2014, in particular further planned restraint in direct program expenses," Frechette's report

"PBO estimates the likelihood of realizing a budgetary balance or better is approximately 50 per cent in 2014-15, and more than 60 per cent in 2015-16 and beyond.'

But the restraint will likely shave about 0.5 per cent from the economy by 2016 and result in about 46,000 fewer jobs, the report goes on to say.

The PBO forecasts the economy is likely to advance by 2.1 per cent this year, rising to 2.7 in 2015, and remain above its potential growth rate until 2018.

THE CANADIAN PRESS

#### **Xbox original shows coming**

When it comes to original programming, Microsoft is going to throw it at the Xbox and see what sticks.

After nearly two years since launching a studio to create new shows to be streamed on Xbox consoles, Microsoft is finally ready to serve an assorted helping of original programming this summer for the Xbox 360 and Xbox One. However, viewers shouldn't expect

Xbox Originals, as they're



called, to be available the same way that content is provided on Netflix and Hulu.

"We don't necessarily know what approach will work, and we don't necessarily know what approach won't work," noted Nancy Tellem, the president of Xbox Entertainment Studios

during a recent press preview of Xbox Öriginals at Microsoft's offices in Santa Monica,

THE ASSOCIATED PRESS



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metronews.ca Tuesday, April 29, 2014 **VOICES** 

### HAVE THE 'BURBS LOST THEIR APPEAL?

After living in the city for seven years, I've come to love the idea of starting a family in an urban setting. Unfortunately my boyfriend, who was actually born and raised in the city, has romantic visions of relocating to a sprawling home with a large backyard, a finished basement and neighbours who actually talk to

Earlier this month, the New York Times published an article about the dwindling populations of North American suburbs. In the past, young men and women moved to the city for a brief period of time to attend university and start their careers before returning back to their hometowns when it came time to settle

Today, these migratory patterns are changing as an increasing number of people in their 20s and 30s are relocating to urban areas and opting to stay there for good. More



Jessica Napier

and more young professionals are choosing to forgo the front lawns and spacious driveways of suburbia in favour of a more dynamic life, with kids, downtown.

I spent my teenage years coming of age in an idyllic lakefront suburb where almost all of the designer homes came with their own swimming pool. I went to a 'good" school populated by beautiful WASP-y teenagers who could have starred in their own reality show about moneyed suburbanites.

It wasn't an exciting place — I spent countless hours driving along identical tree-lined residential streets to strip malls filled with fast-food chains — but it

was safe and comfortable, which are desirable qualities when you're looking for somewhere to raise your kids. So why are these picture-perfect peripheral towns now failing to lure young families back from the city?

The suburbs might have space and privacy, but cities have character — and plenty of characters — that you just don't find in the homogeneous communities that surround them. And while a congested and unpredictable downtown might not seem like the ideal place for young children, urban environments do have a distinct allure.

Cities offer walkability, mass transit, independence and vast array of entertainment options. Families have access to museums, galleries, restaurants, street festivals, sporting events and theatrical productions every day of the week. I'd be willing to sacrifice some square footage if it meant giving my future children the opportunity to enjoy the unique benefits that come with living in a demographically diverse and densely populated urban area.

They say the grass is always greener on the other side except downtown, where the metaphorical grass is a slab of concrete — but I just can't imagine moving back to the 'burbs.

#### **ZOOM**

## **Mauled eagle**



on Rife captured this image about 46 metres away from the battling birds. "I stayed at a distance s are cautious and won't hesitate to fly off if they spot you. Even from where I was photographing, I could

#### **Bald eagle claws** off rival for food

This bald eagle took a bit of a battering as a rival clawed his face in a fierce airborne

The white-headed birds of prey grappled with each other in a row over fish that descended into a tense battle of the fittest. Photographer Stan Rife, 55, watched the feathers fly during the scrap near the Great Salt Lake, located in the northern part of the U.S. state of Utah. METRO

#### Fishy reasons

"I'd say 99.9 per cent of fights are over fish. One eagle will land and start to feast on a catch, and then another will come and try to steal it away."

Stan Rife, 55, wildlife photographer

#### Bald eagle facts

- Wingspan. Up to 230 cm.
- Plucky flock. Bald eagles have some 7,000 feathers.
- Speed. Over 56 km/h in flight and up to 160 km/h in a hunting dive.
- **Symbol.** Adopted in 1782 as U.S. national coat of arms. 'Founding father' Beniamin Franklin was against the move due to bird's roquish behaviour.

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#### MetroTube

#### Lag: It's way funnier in real life



ANDREW FIFIELD

Lag. We'll pause for a moment while you spit out the bad taste that word leaves in your mouth. But what if lag's effects weren't restricted to the Internet?

Well, it might look a little like this experiment involving an Oculus Rift, a webcam, hapless volunteers, some missed dance steps and — most importantly — a broadband Internet company's advertising dollars. If you're going to lag IRL, you're going to need to break a few eggs. And ruin a table tennis game. And ... (Via Umeaenergi on YouTube)





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metronews.ca Tuesday, April 29, 2014

# M.I.A. talks divinity, art and holograms

Matangi. New album inspired by deity 'who looks and sounds like a woman who goes out there and fights for truth and justice'

#### PAT HEALY

Metro World New

Earlier this month M.I.A. and Janelle Monáe sang and danced with holograms of each other while each singer performed on an opposite coast of America. Although M.I.A. says she enjoyed the experience, it's unlikely you'll see her do much more of this sort of thing soon.

"You have to have these mirrors and carefully positioned equipment, and at the moment my shows are a bit unpredictable," says M.I.A. "I'd want to have something pre-choreographed and worked out and I never have that type of show. I couldn't bring the crowd up onstage if I had it."

#### Does incorporating high theatrics into your shows mean you have to compromise spontaneity?

I like being the artist that can be like that, where it's not so precious. I think we're living in a time where of course there's pressure for me to become a theatrical production like Glee or something and for my show to become a well-organized, choreographed thing like a pop show.

It's like, "The pressure's on, bitches." Everybody's sort of supposed to become that thing. At least that's what's considered



good entertainment. So if you're bringing something to the table that's more about the energy and the vibe of what's going on that night, then it's difficult, but I might try to figure that out and see about that.

With Matangi, you liken yourself to the Hindu goddess

who gives the album its title. Could this idea of finding god within yourself be a trend in the collective consciousness of artists? Kanye West certainly explores it on the Yeezus album.

I didn't really come at it like that because the journey to do with me is using exactly the same set of codes, but telling a different story with it. It's not a newly constructed set of codes. It's exactly the same one as the first album and the second one, and the third one and the fourth one, whereas with Kanye, the album before he says he's Jesus is about complete excess and being a king and royalty and money and wealth and having fur coats and flying a private jet, so the next one is a totally different concept.

But mine is more of a progression because it's like you're still working on the concept of the name of M.I.A. and what that stands for and people representing untouchables and people that live in a certain demographic, and you're still talking about fighting for things. The deity is still somebody who looks and sounds like a woman who goes out there and fights for truth and justice, speaking out and freedom of expression, all of these things which have always been a theme in my work.

#### How did you come to know of Matangi? Was it something you grew up with in your culture?

It wasn't really something that I felt that connected to... I sort of fell upon it. Everything sort of works like that. It's about your experience and it's about what you're doing in the day, and the things that concern me in my life. I'm just directing my first video for Double Bubble Trouble, and even that process is exactly the same; you walk down the street, you see something and shoot it, and it goes in the video.

#### DVD reviev



abor Dav

Director. Jason Reitman

Stars. Kate Winslet, Josh Brolin, Gattlin Griffith

A lonely single mom (Kate Winslet) getting her groove

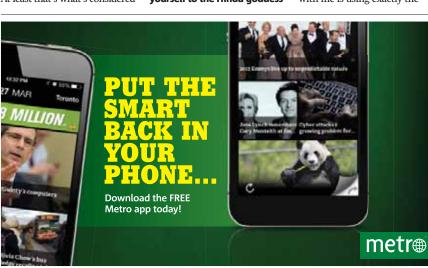
back through the Mr. Clean ministrations of a prison escapee (Josh Brolin) is the kind of eye-rolling scenario writer/director Jason Reitman would usually mock. And the laughs would

And the laughs would be welcomed, not the unintended kind that this glossy melodrama frequently summons.

The two fine actors are defeated by Reitman's screenplay, his irony-free adaptation of Joyce Maynard's 2009 novel. It's as overripe as the peaches that Brolin's Frank sexily folds into the pie he bakes for Winslet's Adele.

Set in 1987 (but so 1950ish) in a small New Hampshire town, the movie clangs like a broken bell almost from the get-go.

At no point does it convince us that Frank is the least bit dangerous. Fatally, neither does it make us care about whether he and Adele will go from doing the rumba in the living room to the horizontal mambo in the bedroom.





metr⊕

## Finding beauty in being the bad guy

#### The Sheik.

New documentary tells the story of a man from Tehran who became wrestling's most infamous villain

**ADAM** NAYMAN

On Twitter, where he has more than 400,000 followers, The Iron Sheik is exactly the sort of holy terror that he was during his glory days in the wrestling ring. He'll pick a fight with anybody, including Rob Ford.

But in real life, Khosrow Vaziri is a soft-spoken man whose pride in his legendary alter ego's wrestling exploits is tempered by a winning humility.

Both sides of Vaziri's personality are on display in The Sheik, an affectionate yet surprisingly intense documentary about his life in and out of the squared circle. "I was happy that somebody wanted to make a [movie] about me," says the 72-year-old Tehran native, who was a bodyguard for the Shah's family before earning his stripes as both a decorated amateur and boldly infamous professional wrestler. "It was something new for me."

Produced longtime friends and managers Page and Jian Magen who turned to crowdsourcing in order to fund the production and plan to distribute it digitally as well as theatrically - and directed by Igal Hecht, The Sheik is a personal profile with a political undertone, In it, Vaziri speaks candidly about exploiting his heritage to become, in his words, "the most hated wrestler in the world.'

"Sometimes I had so heat that people much would throw things into the ring," he says with a smile.

They would have to sneak me to my hotel in an ambulance because people were waiting outside the arena.

And yet despite playing his villainous foreigner role to the hilt, Vaziri was wellliked and respected by his fellow WWE wrestlers, who he says never betrayed any of the same xenophobic attitudes of the fans.

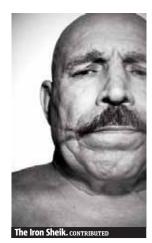
"In the old days, we tried to show the fans that wrestling was real," he explains.

"Good guys would go

to one locker room, and bad guys to another. Some guys wouldn't even admit to their wife that it was all

There is material about Vaziri's family and personal life in The Sheik, and not all of it is flattering - he's battled drug addiction since the shocking death of his eldest daughter in 2003 but he says that he was OK with it being a balanced

"Some of it was maybe not good for me. My family didn't like some things, but in the end, the story was



"Some of it was maybe not good for me. My family didn't like some things, but in the end, the story was told."

The Iron Sheik on the new documentary



The Iron Sheik was a body guard for the Shah's family in his younger years.

#### Whiska **Domestic** Medium Hair

Whiska is a 6-year-old female who loves to be cuddled and who lets children visiting the shelter hold her. Although she is quite calm and content, she has a frisky, fun side too! Unfortunately, she had to have all of her teeth extracted by the vet, most likely because her nutrition wasn't the best in her former home... But cats adapt surprisingly well to this and she

will happily eat wet food. If you are looking for a feline friend, please drop by the shelter to meet friendly Whiska today.

For more information on Whiska and other adoptable furry friends. visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

#### The Word

Look at that hair, look how it shines on Styles...

**MELINDA** TAUB

Now that Chris Martin and Gwyneth Paltrow are consciously uncoupled, let's all try to guess who Martin will couple with next. How about One Direction heartthrob Harry Styles?

The Coldplay frontman says he's a huge fan of One Direction — Styles in particular. "I'm saying One Direction are brilliant, and



I'm not kidding. You know why? Because their songs are really good and I don't think that any of them are going to go solo," he told

Chris doesn't just admire their musical prowess and

comradeship: He also, like all humans with a pulse, thinks Harry Styles is cute as all get out.

"He has come to a couple of our shows. I think I probably said the same thing about chemistry. I can't remember — I was too enamoured with his haircut. I was like this: 'I was pretty sure I was a straight guy before.' I was having a hot flush," he said.

Good to know that Harry Styles' stupid adorable floppiness works on adults who should be even less susceptible than me. However, Chris Martin does have a 10-year-old daughter, so he'd better be discreet about his affection or he might find himself in a Tumblr feud with Apple.

#### It's Hardy to be sure if this guy got hitched or not

Tom Hardy is apparently trying to get adjusted to married life before actually tying the knot, as he's been perplexing reporters recently by already referring to fiancée Charlotte Riley as his wife despite the fact that they haven't actually tied the knot yet, according to Us Weekly. "Well, my wife is an actor as well, so she sort of gets it," Hardy told the magazine at a recent event to promote his new film, Locke, in New York. "Apart from that, I'm a pain in the ass, really. Hardy also referred to Riley as "pure" and "very kind." The couple met while filming Wuthering Heights in 2009 and were engaged a year later. No wedding date has officially been set yet — assuming the event hasn't already happened.

### Details of Geldof's death may come to light as inquest begins



A British coroner will open an inquest this week into the death of Peaches Geldof and may reveal details of what killed the 25-year-old celebrity.

Kent County Council says a brief inquest hearing will be held Thursday. The council said in a statement Monday that a senior police officer will read a statement and the coroner will release the results of a post-mortem investigation.

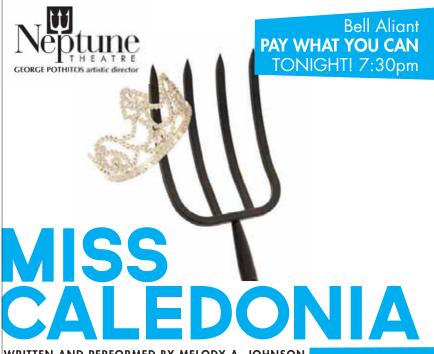
The model and TV person-

ality, daughter of Live Aid organizer Bob Geldof, was found dead at her home south of London on April 7. An initial autopsy was inconclusive and toxicology tests have been carried out.

Inquests are held in Britain to determine the facts in sudden, violent or unexplained deaths.

After the opening hearing, the inquest will be adjourned until later in the year.

THE ASSOCIATED PRESS



WRITTEN AND PERFORMED BY MELODY A. JOHNSON MUSICAL ACCOMPANIMENT AND ORIGINAL SCORE BY ALISON PORTER DIRECTED BY RICK ROBERTS AND AARON WILLIS. PRODUCED BY LUNKAMUD IN ASSOCIATION WITH TARRAGON THEATRE

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20 LIFE metronews.ca Tuesday, April 29, 2014

## Feel full, not fat

Being hungry and being on a diet are two very different things. Dr. Joel Fuhrman, a nutritionist and author of Eat to Live, breaks down whole foods that will fill you up and do you good.

#### **ROMINA MCGUINNESS, METRO WORLD NEWS**

Nutrition data from My Fitness Pal



#### Red kidney beans (cooked, 100 g)

WHY: "Beans are digested slowly, stabilizing blood sugar levels and reducing feelings of hunger. They're also high in resistant starch, a type of carbohydrate that is not absorbable by the body as calories."

Calories: 32 / Total fat: 0 g / Sugars: 5 g / Protein: 1 g / Dietary fibre: 2 g / Total carbs: 8 g



#### Strawberries (chopped, 100 g)

WHY: "Naturally sweet and low in sugar, strawberries don't raise blood glucose levels like a banana or date would." EAT ABOUT: 200 g

Calories: 32 / Total fat: 0 g / Sugars: 5 g / Protein: 1 g / Dietary fibre: 2 g / Total carbs 8 g



#### Chia seeds (100 g)

WHY: "These act like a fat sponge in the digestive tract." EAT ABOUT: 2 tbsp

Calories: 490 / Total fat: 31g / Sugars: 0g / Protein: 16g / Dietary fibre: 38g / Total carbs: 44g



#### Walnuts (raw, 100 g)

WHY: "These are rich in omega-3 fatty acids, a natural anti-inflammatory. Walnuts also contain plant sterols, which bind fat and put it in your stool so that the calories are not biologically available to the body."

EAT ABOUT: A handful

Calories: 654 / Total fat: 65 g / Sugars: 3 g / Protein: 15 g / Dietary fibre: 2 g / Total carbs: 14 g



#### Tomatoes (raw, 100 q)

WHY: "Tomatoes are high in the carotenoid antioxidant lycopene. Lycopene helps to defend the body's tissues against oxidative damage, a natural byproduct of our metabolic processes."

EAT ABOUT: The more the better

Calories: 32 / Total fat: 0g / Sugars: 3 g / Protein:
1 g / Dietary fibre: 1 g / Total carbs: 3 g



#### Broccoli (raw, 100 q)

WHY: "Dark green vegetables are packed with nutrients and are so low in calories that they can be consumed in virtually unlimited

quantities." **EAT ABOUT:** The more the better

Calories: 39 / Total fat: 1 g / Sugars: 2 g / Protein: 4 g / Dietary fibre: 3 g / Total carbs: 2 g



#### Mushrooms (raw, 100 g)

WHY: "They contain powerful angiogenesis inhibitors. In other words, they prevent new blood vessel growth that is needed for fat tissue growth."

EAT ABOUT: 20 g

Calories: 22 / Total fat: 0 g / Sugars: 2 g / Protein: 3 g / Dietary fibre: 1 g / Total carbs: 3 g



#### Blueberries (frozen, 100 g)

WHY: "These are a good source of dietary fibre and have a low glycemic load (the impact of carbohydrates on blood sugar levels)." EAT ABOUT: 120 g

Calories: 51 / Total fat: 1 g / Sugars: 8 g / Protein: 0 g / Dietary fibre: 3 g / Total carbs: 12 g





## Just add cheese for pancakes 2.0

#### Everybody say, (Sheep's) cheeeeese'



**NUTRI-BITES** DHN. RNCP

Sheep's and goat's milk cheese are a staple all over the world. We Canadians have a lot of exploring ahead of us.

Some of the benefits of these delicious options:

- · People with dairy digestive issues tend to have an easier time getting the goodness of milk without the downsides of their intolerance.
- Milking sheep and goats have a much higher CLA (conjugated linoleic acid) amount. CLA is a good fat that is believed to help keep weight



- Sheep's milk has almost twice the calcium and protein of cow or goat milk.
- Both have unique and distinct tastes that can be made into any type of cheese: soft, washed rind like brie, or aged like

I had the chance to milk sheep and I was surprised by how clean, gentle and sweet-smelling they were.

That warm, soft smell comes from a wax that their skin produces called lanolin. Yep, the same lanolin that you see as an ingredient in your hand cream (which may explain why my hands were remarkably soft for an entire

Small sheep and goat farms are dotted across the country, producing artisan cheeses that are sold onsite or in small boutique and farmers' markets. Well

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO, SHE IS @THER-ESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.

Soft sheep's ricotta or goat chèvre work equally well in this recipe. If you choose goat cheese, you'll have more zing!

This makes four to six servings. THERESA ALBERY

Pancakes are not just sweet food anymore. Think of Japan's okonomiyaki or French crepes. Both serve up fast, comfort food with flavour to spare.

These can easily be made gluten free by choosing an appropriate pancake mix.

**1.** Mix together pancake mix, ground almonds, wheat germ, garlic powder, white pepper with a whisk.

2. Mix eggs, ricotta and milk.

3. Mix the two together while you heat a skillet.

4. Fry like pancakes on one side until bubbles form, flip

5. Top with extra cheese and mango chutney.

#### THERESA ALBERT, NUTRITIONIST, IS FOUND DAILY AT MYFRIENDINFOOD.COM

#### Ingredients

- 2 cups pancake mix or gluten free pancake mix
- 1/2 cup ground almonds • 1/2 cup wheat germ (omit if
- aluten free)

1 tsp garlic powder

- pinch white pepper
- 3 eggs
- 6 oz ricotta cheese, divided (or any soft sheep or goat cheese)
- 3 cups milk or goat milk
- mango chutney

## A delicious melt called patty

- **1.** In heavy-bottomed sauté pan over medium heat, combine olive oil and butter. When butter is melted, add salt, 3 tablespoons of vinegar, and onion rings. Cover and cook for 20 minutes, stirring occasionally.
- 2. Remove cover and cook, stirring occasionally, another 10 minutes, or until onions are all deep golden colour. When onions are done, transfer to bowl and immediately drizzle remaining vinegar over them. Stir to combine, then set aside.
- **3.** When ready to cook burgers,

prepare grill for direct, medium heat cooking.

4. Being careful not to overwork meat, season sirloin with salt and pepper, and mix until combined. Gently shape the meat into 4 oval patties of equal size and thickness.

5. Use thumb to make an imprint in centre of each patty.

Place each patty directly on the cooking grate and grill for 4 minutes. Turn and continue grilling until the meat is no longer pink, another 4 to 5 minutes. Once the patties are made and grilled, transfer to a platter.

6. Meanwhile, begin to assemble patty melts by layering each piece of rye toast with slice of cheese. Take bread to grill and place directly on clean cooking grates for 2 minutes, or until the cheese begins to melt and the bread is warm.

7. Once the cheese has melted.



transfer each burger patty to one slice of bread. Divide the onions between the remaining 4 slices of bread, then assemble

into 4 sandwiches.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATH-

#### For the onions

- 2 tbsp extra-virgin olive oil
- 1 tbsp unsalted butter
- 1 tsp kosher salt
- 4 tbsp balsamic vinegar
- 3 large yellow onions, sliced

#### For the burger

- 1 lb ground sirloin
- 1/4 tsp kosher salt • 1/4 tsp ground black pepper
- 8 slices of fresh rye bread, toasted • 8 large slices of Swiss cheese

**SPORTS** 

## Foreurs force Game 7 with Mooseheads

**QMJHL playoffs.** Herd digs hole too deep to come back from and spoils chance at ending series



**GEORDON** OMAND

It was too little too late.

Even after turning on the afterburners to come back from a 6-1 deficit most of the way through Game 6 on Mon-day night, the Halifax Mooseheads couldn't manage to turn it around, falling to the Vald'Or Foreurs 7-5 in the best-ofseven QMJHL semifinal series.

"It was definitely too late," said Mooseheads rookie Nikolaj Ehlers.

"We know that we didn't play our game today, but everybody ... knows that we've got to step up our game tomor-

In a performance more reminiscent of their earlierseries games, the Mooseheads - who outshot the Foreurs 43-32 - came out uncharacteristically sluggish, giving up four straight goals to the home squad in the opening 11 minutes.

Slow starts are an issue that has plagued the team since Game 1 — and one it is eager to get a handle on before Tuesday night's deciding show-

"We'll go out tomorrow and start the way we finished tonight," pledged Luca Ciampini, who tallied the Mooseheads'



Officials spent about 10 minutes reviewing this first-period goal for the Val-d'Or Foreurs by Guillaume Gelinas, which put the homeside up 4-0. It was rul oseheads goalie Zach Fucale's glove went past the goal-line with the puck in it. ANDY KLINK/ABITIBI EXPRESS

first two markers to kickstart the Herd's ultimately ill-fated comeback.

With a five-goal deficit early in the third frame, the Moose-- clearly frustrated - took their fair share of penalties, with both MacKenzie Weegar and Darcy Ashley sent off for 10-minute misconducts.

"It's playoffs - sometimes you get a little frustrated," said Ehlers.

"But I think the team that can keep its cool and doesn't make stupid penalty minutes is the team that's going to win the series.'

The Mooseheads had ample scoring opportunities, but came up short, in part thanks

• Tickets for Game 7 go on sale at the Halifax Metro Centre box office windows and over the phone 10 a.m. on Tuesday.

to Foreurs Antoine Bibeau's outstanding goaltending. Mooseheads goalie Zach

Fucale was pulled heading into

the third frame after giving up five goals in 22 shots, replaced with backup netminder Kevin Darveau.

Besides Ciampini's pair of markers, Philippe Gadoury, Brent Andrews and Andrew Shewfelt rounded out the scoring for the Herd.

Anthony Richard, Anthony Beauregard and Guillaume Gelinas each scored twice for the Foreurs, in addition to Anthony Mantha's single.

The second-seeded Mooseheads will have home-ice advantage heading into the seventh and deciding game, which kicks off at 8 p.m. Tuesday night at the Metro Centre.

"Everybody enjoys Game 7s;

that's what you look forward to as a kid. Everybody lives to want to play those games that's when the big boys are going to come out to play."

From the sounds of it, the Mooseheads aren't the only ones willing to pull out all the stops for the eleventh-hour

"Anything we can do: lay our bodies on the line, pay the price, block shots, work hard. Ît's win or go home," said Foreurs blue-liner Randy Gazzola, who notched three helpers on

"Anything could happen in Game 7 — it could go either way. It's going to be exciting; it's going to be a great game.'



**SPORTS** 

## Lucic loves the heat NBA playoffs. Hawks a win away from ousting Pacers from playoff hate

**Enemy No. 1.** Bruins forward relishing role as villain after spearing Red Wings' DeKeyser in first round

According to fans at Joe Louis Arena, "Lucic sucks."

The chants rained down from the sellout crowd during Game 4 last week, animosity built up after Milan Lucic speared Detroit Red Wings defenceman Danny DeKeyser and because of the way the Boston Bruins winger plays on the edge between the whistles and after.

Then Lucic scored the tying goal, silencing the building and helping the Bruins take a commanding lead in the series they wrapped up Saturday. Asked if the chants made scoring that goal more satisfying, the Vancouver native just

"I'd be lying if I said no," he said. "I mean, any athlete would be lying if they said it doesn't. It was good to get that

Lucic fits the bill as the perfect playoff villain, and certainly not just in Detroit. His role as a hated opponent is sure to ramp up in the second round against the Montreal Canadiens as part of an intense rivalry where tempers tend to

Last month Lucic called Habs defenceman Alexei Emelin a "chicken" for delivering a low hip check on him. This is the fourth series in the past seven years between Boston



#### Takes one to know one

"He just runs around out there, he's a force in himself. He's a great guy to have on our team."

**Brad Marchand** on his Bruins teammate Milan Lucic

and Montreal, and given fans' and players' long memories, that remark won't be forgotten when the teams take the ice at Bell Centre for Games 3 and 4.

That's OK with Lucic, a player who seems to thrive when being booed and heckled.

"That's the beauty of sports: The fans get into it and it's what makes it fun as well, especially in a playoff series type of atmosphere," the 25-year-old said last week in Detroit. "You can't let it get the best of you. You want to try to get out there

and create that satisfaction for yourself and come up with a big play."

Lucic came up with a handful of big plays as the Bruins dispatched the Red Wings in five games. He had three goals and an assist combined with just one minor penalty.

No penalty was called on Lucic for deliberately spearing DeKeyser in the groin area from behind in Game 1, and he was not suspended. Instead, the NHL fined him \$5,000.

THE ASSOCIATED PRESS

Mike Scott made five threepointers during a 30-6 secondquarter run Monday night, and the Atlanta Hawks fended off a furious fourth-quarter rally to beat top-seeded Indiana 107-97 and take a 3-2 lead in the bestof-seven series.

Atlanta can clinch the firstround series at home Thurs-

Scott scored all 17 of his

points during an incredible 12-minute stretch when Atlanta went 13 of 16 from the field and outscored Indiana 41-19 to take a 61-40 halftime lead. The Hawks and the 1970 Milwaukee Bucks are the only road teams in the shot-clock era to score at least 40 points and allow fewer than 20 in any quarter of a playoff game.

#### THE ASSOCIATED PRESS

#### BLG awards

#### Colley Canada's top female athlete

Justine Colley from Saint Mary's University won the BLG Award as Canadian Interuniversity Sport female athlete of the year on Monday while fellow basketball player Philip Scrubb of Carleton University took the men's honour.

Colley, a native of East Preston averaged 20.8 points per game and won her fourth straight scoring title. The fifth-year guard led the CIS in assists (5.7) and steals

She guided Saint Mary's to a perfect 20-0 record in league action and the top of the national rankings. Both

were firsts for the program.

The 22-year-old commerce student had 38 points in a semifinal win over Saskatchewan at the CIS championship. The Huskies won silver.

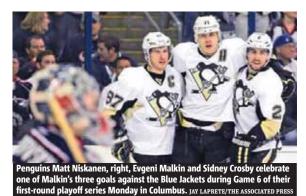
Colley became the alltime scoring leader in CIS women's history this past season with 2,376 points. She finished her university career with five selections as a firstteam AUS all-star, three firstteam all-Canadian nods and three CIS scoring crowns.

She is simply one of the best leaders I have ever been around," said Saint Mary's head coach Scott Munro. "Her desire to compete and win separates her from any other student-athlete I have coached. Justine is certainly a unique individual."

THE CANADIAN PRESS



## **Malkin leads Pens in shedding Jackets**



Evgeni Malkin had a hat trick and the Pittsburgh Penguins almost blew a four-goal lead before beating the Columbus Blue Jackets 4-3 on Monday night to clinch their first-round playoff series in six games.

The Blue Jackets, closer to making tee times than thinking about a Game 7, scored three times in a 4:52 span in the third period to turn up the pressure on the Penguins.

Pittsburgh awaits the winner of the New York-Philadelphia series, with the Rangers leading 3-2 going into Tuesday

night's Game 6.

Brandon Sutter also scored and Matt Niskanen had two assists as the Penguins became the first team in the series to score first and win - but barely. Marc-Andre Fleury made 24

Tyutin, Anisimov and Nick Foligno scored late to thrill a crowd of 19,189 who stood and roared for the final four minutes.

The Penguins were hard pressed to just fight off the upstart Blue Jackets after goalie Sergei Bobrovsky, who also had 24 saves, was pulled for an extra attacker with under two minutes left.

It was Malkin's 10th career three-goal game.

THE ASSOCIATED PRESS

Zach Parise scored early and late on tipped shots, and the Minnesota Wild tacked on two empty-netters for a 5-2 victory over the Colorado Avalanche on Monday night that sent the first-round playoff series to a Game 7.

Parise and Mikko Koivu each had two assists. The teams will meet again in Denver on Wednesday night, with the winner taking on the defending Stanley Cup champion Chicago Blackhawks.

## See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

54

65

#### **Crossword: Canada Across and Down**

#### ↑ Aries

March 21 - April 20

You will be quick off the mark both physically and mentally today, especially if you see a chance to make some money.

#### **Taurus** April 21 - May 21

You feel like you can take on the world and win - and most likely you can. Today's eclipse in your sign endows you with the confidence to try things that at others times might scare you.

#### **∐** Gemini May 22 - June 21

You are paying far too much attention to what other people are saying and not enough to what your heart is telling you. You just need follow your own inner voice.

#### **9** Cancer

June 22 - July 23

Something you have been worrying about for ages won't bother you any more. Most likely that is because you are starting to focus on issues that really matter rather than issues that are of no importance.

#### $\Omega$ Leo

July 24 - Aug. 23 Today's solar eclipse in the career area of your chart will give you the energy and the confidence to put yourself forward and let people in positions of power and authority know you are special.

#### **W** Virgo Aug. 24 - Sept. 23

Voices may be raised over the next 24 hours but if you adopt the right attitude it will pass by and leave you unscathed. What you need most right now is a sense of humour.

#### 

24

Sept. 24 - Oct. 23

There is no point arguing with people who simply refuse to see sense. It may be tempting to show them up with your knowledge but why bother?

#### M Scorpio

Oct. 24 - Nov. 22

You will be extremely energetic today but the solar eclipse in your opposite sign of Taurus means you cannot expect to get everything your own way. Some of your rivals are every bit as relentless as

#### **7** Sagittarius

Nov. 23 - Dec. 21

You may find it hard to be patient today but stay in control and don't let your temper get the better of you. The planets warn if you get annoyed you could do yourself

#### **17** Capricorn

Dec. 22 - Jan. 20

You can expect some kind of breakthrough over the next 24 hours, the kind you will remember for years to come. Whatever it is you dream of you know it can be done.

#### Jan. 21 - Feb. 19

Make sure you get the up front support of loved ones before embarking on a new course of action. Try to persuade them that what you desire will also be good for them.

#### H Pisces

Feb. 20 - March 20

The message of the stars today is that you need to stop wasting time on so many irrelevant activities. Cut back on the partying and all those unnecessary commitments. SALLY BROMPTON

#### Across

1. Toronto electronic music duo, Dead 5. 'Great'-meaning prefix to 'fy' or 'ficent' 10. Financial exec's degree

13. Mr. Flynn 15. Ozone-damaging refrigerant

16. 'Eight' ender 17. Mariner's mercantile mission mapways: 2 wds.

19. \_\_fashioned 20. Nova Scotia hrs. 21. Bard's 'through-

ouť 22. Winnipeg, 'The to the West'

24. Demise 25. The \_\_ (Irish

siblings band) 26. New newts 29. Tetley drink

31. Basket-making fibre

35. Swill 36. Gloria \_\_ (Highprofile American lawyer)

39. Tuber serving 40. "Hot Tonight" band from Newmarket, ON: 3 wds.

43. Excavated material 44. Barker's boarding building

45. Prefix with 'dynamic'

46. Comic strip square 48. "And if your heart's strong, hold

40 46 48 49

won't delay." -The Beatles, "Wait"

62

49. Attraction 50. Parrot 53. "Gangnam Style" artist

55. Parade bigwig 58. Creature in ancient Egyptian art

59. The \_\_, Manitoba 62. Toronto's Dan-

forth, e.g.

63. 'Very boring' job in "Echo Beach" by Martha & The Muf-

fins: 2 wds. 66. Family

63

67

70

67. Intended 68. Cliff nest, variantly

69. Peculiar 70. PGA, et al. 71. Fret

#### **Down**

1. Greek†alphabet's 6th letter 2. Blunders

3. "Shucks!" 4. Lawn roll

5. "Dial \_ Murder" (1954)

6. Indonesia's Islands 7. Square-one

hit: "Total \_\_ of the

for music

9. Good way to take

10. Woof's counter-

(Not exactly a

things: 2 wds.

11. Mr. Lugosi

12. Mr. Warhol

14. Mr. Trotsky

18. Bureaucrat's

maestro)

part

Heart" 41. Musical of 1943!

34. Curve

42. Elizabeth Stanton (Suffragist,

adhesive?: 2 wds.

23. 'Heir' suffix

25. Infomercial's

prompt to order: 2

28. Commuter's pay-

30. Father-in-law for

32. Jesse \_\_ Ferguson of "Modern Family"

33. Famous soap

couple, Luke and

37. Nada in Nice?

38. 1983 Bonnie Tyler

24. Behold

27. Plant†life

wds. 26. Impede

Esau

b.1815 - d.1902) 47. Bad \_\_ (German spa resort)

51. Montreal 'coffees' 52. As, in code

54. Microchip-implanting gr.

55. Shark sort

56. Passionate

57. Splinter 58. Memorizes the

script and does this 59. Chipper

60. Indy 500 champ Mr. Luyendyk

61. Twist, as facts

64. Bed-and-Breakfast

65. \_\_ Miserables

#### Friday's Crossword

'D	A	M	M	E		E	L	° E	Α.			"S	E	C
À	R		. 3	N		C	Y	A	N		- 9	0	A	R
'N	£	w	M	Q	"r	++	£	ж	N	10	1	U	. 81	E
ďa	A	L	3	1.	E	Ė		Üк	0	×	A	N	Pi	E
					M	L	10	1		E	T	D		
"k	'n	O.		"υ	p	0	N	E		Ь	16	9	"H	"A
A	Ŧ	14		7	:U	N	D	H	"A		1	1	.0	N
"1	M	A	°0	•	P				°e	"	¥	1	94	£
"B	U	p	E		"A	"L	1	2	0	0		"E	A	N
"A	м	E	L	1		'n	v	U	i,	A		"s	N	0
		"L	E	0		'n	1	N	1					
'n	"u	8	B	L	"E	1		"1	5	8	٦	"A	"1	'n
"è	M		R	A	i.	D	"A		14	8	0	R		R
5и	A	L	E		"k	E	Ħ	- 1		*	C	1	31	0
"V	8	T.			"A	N	N	A		5	н	A	D	

#### Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9		4	1	3	7	8	2	
1	2	3	5	6	4	7	8.	1
6	5	7	9	2	8	3	1	4
5	б	1	3.	8	9	4	7	1
7	9	8	2	4	5	1	3	1
3	4	5	7.	1	6	5	9	-
4	3	5	0	7	2	9	6	1
2	.1	6	4	9	3	В	5	7
8.	7	9	6	5	1	2	4	2

	6			3		2		4
4				9	6			
			4					1
			6	4	3	8	9	
				5				
	9	3	7	2	1			
5					4			
			5	6				7
9		8		1			5	

#### Today



#### Wednesday



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